



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35004, Ascidians (tunughnak) (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	90.40	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein ¹	g	3.80	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	0.50	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	3.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Minerals													
Calcium, Ca ¹	mg	47	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	3.30	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Potassium, K 1	mg	102	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na 1	mg	656	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin 1	mg	0.200	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin 1	mg	0.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU 1	IU	0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated ¹	g	0.100	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total monounsaturated ¹	g	0.120	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated ¹	g	0.200	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:2 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Cholesterol ¹	mg	7	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Amino Acids

Other

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993